



# CAFETERIA TIMES

Anniston City Schools CNP

November 2009

The Nutritional Requirements for Children depend on age, gender, and physical activity. To find the specific amounts for your child please visit [www.mypyramid.gov](http://www.mypyramid.gov)

**Families need to eat together at the table, not in front of the television.**

**This is a great time to listen to the positive experiences of the day.**

**Keep the talk on a positive note so that everyone can enjoy the meal.**

**Eat slowly and enjoy the food and fellowship.**

**November is a great month to focus on the many things for which your family has to be thankful.**

## 5 Healthy Snacks

- \* *Grapes and cheese*
- \* *Apples and pears*
- \* *Peanut butter on crispbreads*
- \* *Seeds and raisins mix*

## Childhood Obesity

According to the American Obesity Association, about 15.5 percent of adolescents (ages 12 to 19) and 15.3 percent of children (ages 6-11) are obese. Only 7% of children, and 5% of adolescents were obese in 1976.

### Prevention

The key to prevention is parents teaching young children good habits. Learning the importance of physical activity and good nutrition are the first steps in preventing obesity in children. Families and schools must learn to work together to provide children with the foundation for these behaviors.

**Families** are responsible for the children's ingrained attitude about physical activity and healthy food choices. I am always amazed that parents will see to it that children go to bed early, but allow them to select foods high in fat and calories.

### Impact of Childhood Obesity

- Leads to low self-esteem.
- Leads to obesity in adulthood.
- Increased incidence of type 2 diabetes.
- Elevated cholesterol and blood pressure.
- Sleep apnea—which can effect learning and memory.
- Increased incidence of orthopedic problems, liver disease, and asthma.

### Parents Can

- Help children become involved in active pastime activities: running, jumping, playing outside.
- Give children active chores to perform, like vacuuming, mopping, washing a car or sweeping the sidewalk.
- Sign a child up for a sport. Sports and recreation activities

develop children's natural talents, teach them discipline and satisfy their need for fitness.

- Set guidelines for the time children can spend watching television or playing video games.
- Let children see them preparing and eating nutritious foods.
- Keep healthy snacks on hand.
- Serve balanced meals.
- Focus on small, gradual changes in eating and activity levels.
- Include lots of fresh fruits and vegetables at meals.
- Encourage children to get 3 servings of dairy products a day.
- **Do not use food as a reward or punishment.**
- Involve children in meal planning and grocery shopping.

## Ways to Help Your Kids Eat Healthy

- Substitute pretzels for chips.
- Use whole grain breads in place of white bread.
- Change from whole milk to 1 or 2 %. 2% milk has 50% of the fat of whole milk.
- Use small whole grain bagel in place of donuts.
- Include fresh fruits each day as a snack..
- Use steamed vegetables in place of fried.
- Use fat free or reduced fat hotdogs.
- Use reduced fat mayonnaise.
- Use margarine.
- Use lean cuts of meat.
- Use more poultry and fish products.